

CICS Connection

Children's Integrated Center for Success

News and ideas to keep you connected with CICS

Summer/Fall 2016

610-770-1800 • www.everychildeverytime.com

Welcome! We are excited to share our summer/fall issue of CICS Connection! We hope you will enjoy learning more about some of the things we offer and are involved in!

ANNOUNCEMENTS



As we make the transition

from the lazy days of summer to the changing routines and higher demands of the new school year, CICS is here to help.

From hosting our Back to School Night on August 31st, offering advocacy services, back-to-school tune-ups and more, please remember that the support you need is just a phone call away!

CICS Back to School Night - Alternate Educational Opportunities Forum

On **Wednesday, August 31st from 7-8 pm**, representatives from several local independent schools will be visiting CICS to share information about their academic offerings and student supports, along with answering any questions you may have. This will be a helpful forum to anyone looking to learn more about educational offerings outside of the public school system. We hope to see you there! Please call or stop by the front office to register.

Welcome, New CICS Employees!

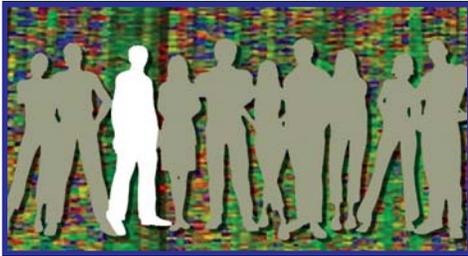
We would like to extend a warm welcome to the newest members of the CICS team, Brianna German, COTA and Courtney Kasye, Behavior Tech!

This issue's highlights:

- Flip the Clinic
 - Precision Medicine
 - Nutrition at CICS
- ...and much more!

CICS NEWS

Flip the Clinic Continuing our alliance with this nationally-recognized program, CICS has been selected as the evaluation partner for this final year of their 3 year project. Titled the "100 Day Sprint" this program identifies and better delivers on the elements of a flipped clinic. We are looking for family involvement to provide feedback and complete evaluations. Flip the Clinic is an open experiment to transform the patient-clinician experience. It is where patients and health practitioners improve medical care, together. To learn more, please visit: www.fliptheclinic.org.



Precision Medicine Research We are excited to share that CICS has been invited by world-class institutions such as MIT and the University of California, San Diego to participate in their precision medicine research. This type of research has the ability to unlock crucial answers and we are looking forward to playing an important role in it. We will be distributing informed consents for anyone interested in participating in this research.

ACTION ALERT!

Independent NP Practice Authority Legislation

Lawmakers in Harrisburg are debating a bill that would protect clinics like Children's Integrated Center for Success: Senate Bill 717.

- Senate Bill 717 would modernize Pennsylvania's outdated nurse practitioner law.
- Senate Bill 717 removes barriers and lowers costs in order to expand access to quality, affordable health care.
- Senate Bill 717 would make it easier for CICS to serve patients.

But State Representatives are running out of time. They only have a few weeks to pass the bill. **You can help.** All you need to do is make a 2 minute phone call. Here's what to do:

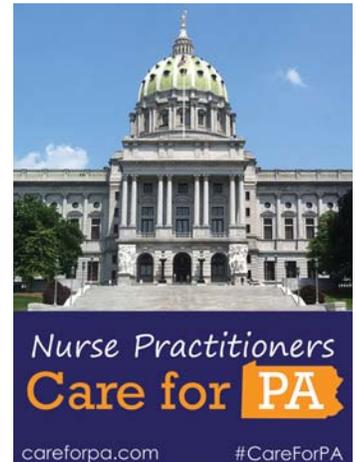
1. Look up your State Rep. You can use this website: http://bit.ly/CICS_Action
2. Call your State Rep's local office
3. Tell them: *"I'm calling to say that I support Senate Bill 717 because I support nurse practitioners and patients. Please support the bill and bring it for a vote as soon as possible."*
4. Go to www.careforpa.com to sign up to follow the campaign.

Our Representative, Julie Harhart, is the key swing vote in Harrisburg. She needs to hear from YOU!

- Julie Harhart's office, Slatington: 610-760-9805
- Julie Harhart's office, Northampton: 610-502-2701

Other key Lehigh Valley swing votes are Gary Day, Joe Emrick and Daniel T. McNeill

- Gary Day's office, New Tripoli: 610-760-7082
- Joe Emrick's office, Nazareth: 610-746-5090
- Joe Emrick's office, Mt. Bethel: 570-897-0401
- Daniel T. McNeill's office, Whitehall: 610-266-1273



CICS REMINDERS AND UPDATES

Getting Ready for the New School Year As we transition into a new school year, please remember to schedule your child's appointment(s) for their medicine check and/or school tune-up (school year planning). Please speak with your Case Manager about your fall scheduling needs. If you are unsure who your case manager is, please call the front desk and ask. This is a busy time of the year for these types of appointments – please make your appointment soon!

Appointment Times We offer evening and weekend appointment times to help work around busy school and work schedules. Because these appointment times are so convenient for families, they are in high demand. With our new space, we are creating solutions and more options to help serve our families better. Please be patient as we head into this transition.

Triage Reminder If you have an immediate need for help, remember that our Triage team can help. We guarantee an appointment within 72 hours after a request is made to assess and establish a plan. A triage appointment is only for urgent needs, not to replace a regular appointment and cannot be made on the same day as the request. Please visit our website for more details. Appointments are made by calling the front desk at 610-770-1800.

CICS Patient Policies – Check Them Out!

Our CICS Patient Policies are on our website. Please visit either the New Patients or Existing Patients page to access them. We also have forms at the desk for families to complete including consent forms and record request forms.

CICS Expansion Update

Our wait is almost over! In **September**, we will unveil our expanded space which doubles our capacity to offer more healing spaces. It includes more Therapy Rooms, a new OT Gym and Art Studio, an Exam Room, Conference Room, Admin Offices and more! With this additional space, we will again be able to offer a fantastic sensory-friendly environment along with providing more offerings to our families.



Please be sure to visit our website at www.everychildeverytime.com to view our most current listing of skill and social groups!

Healthy Lifestyles **ADVICE**

Keeping Your Lunch Safe

Back to school means back to making lunches. If your child packs a lunch keep them safe and make sure that lunches containing perishable foods should never be left out of refrigeration for more than two hours. Reduce your risk of food poisoning with these tips to keep food safe as it travels from the kitchen to the school cafeteria.



- The two hour countdown starts the minute you make lunch, not when you get to school.
- Invest in an insulated lunch box for every member of the family (don't forget to wash the lunch boxes often!).
- Always include a frozen icepack (even in an insulated lunch box) to keep perishable foods cold until lunchtime. You can also freeze an individual juice box to serve as an ice pack. By lunchtime, the juice should be thawed and ready to drink and foods should still be cold.
- If refrigeration is unavailable at your child's school or if you tend to forget to put your lunch in the refrigerator/freezer when you get to the office, pack shelf-stable foods such as trail mix, cereal, granola bars, bagels, carrot and celery sticks, whole fruit, dried fruit, single-serve applesauce and whole-grain crackers.
- It's not just about keeping cold foods cold; keeping hot foods hot is just as important. To keep hot foods hot, use an insulated bottle like a thermos for foods like soup, chili or stew.
- Don't keep lunch leftovers for an afternoon snack, unless they are put back in the refrigerator within two hours, and tell your kids to always throw away perishable foods right after lunch.

Nutrition at CICS

This Olympic summer many of us watched as athletes strived to be the best. Most of us correlate nutrition with the physical body. We expect that athletes need to focus on nutrition to make their Olympic dreams come true. With this being said, less of us realize that nutrition is just as important for our mental health. More and more research is coming out showing that food plays an important contributing role in the development, management and prevention of specific mental health problems such as depression, schizophrenia, attention deficit hyperactivity disorder, and anxiety.

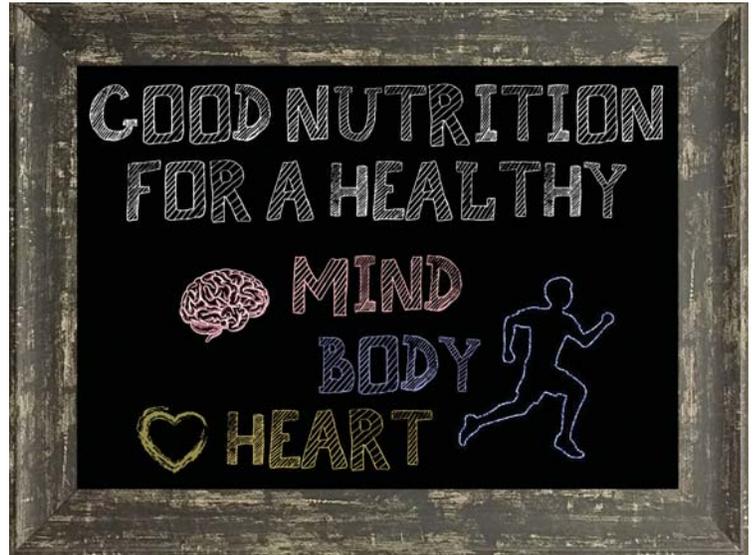
At CICS we want to make sure that the whole child is treated which includes nutrition as an important component. While our bodies need carbohydrates, protein, fats, vitamins and minerals, and water, when we provide the right amount our energy, mood and overall well-being improves. We are fortunate at CICS to have a Registered, Licensed Dietitian on staff. By conducting a thorough nutrition evaluation and following up with helpful recommendations, we can help your child meet whatever dietary needs they may have.

Consider a nutritional evaluation if there are concerns with:

- Feeding challenges
- Food sensitivities
- Allergies and/or skin problems
- Sensory feeding issues (picky eater)
- Medical problems (for example, diabetes, high cholesterol)
- Dietary modifications (gluten-free, casein-free diets)
- ADHD
- Weight problems (for example, overweight, underweight, eating disorders)

How do I get started? Visit our website at www.everychildeverytime.com for detailed information about the Center and its services. Please call CICS at 610-770-1800 to set up an appointment for an initial consultation.

Questions? Contact our Dietitian Colleen Dempsey-Rex, RDN, LDN; cdempseyrex@everychildeverytime.com.



At CICS, we offer nutrition evaluations and personalized recommendations to help overcome challenges and achieve a healthier you!



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Children's Integrated
Center for Success

Children's Integrated Center for Success (CICS) is a multidisciplinary treatment center in the Lehigh Valley committed to creating a path for success for children and their families. We serve the needs of children and teenagers struggling with Autism Spectrum Disorders, ADHD, Anxiety, and Mood Disorders.

For more information and to request an appointment, visit our website:
www.everychildeverytime.com

Questions? Please contact us via e-mail or phone:
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